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Examiner Glenn Richman Commissioner of Patents	703-872-9306 571-273-8300	571-272-4981

FROM: Laura Zeman

PHONE: 602.382.6377

RE: U.S. Serial No. 10/650,455

**MESSAGE:**

Attached is the Proposed Amendment and Response I mentioned in the phone message I left for you today.

Thank you.  
Laura Zeman

ORIGINAL DOCUMENT: Will not be sent

NUMBER OF PAGES (Including Cover):

11

CONFIRMATION NO.:

CLIENT MATTER NO.: 49640.0517

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I hereby certify that this Amendment and Response to Office Action is being facsimile transmitted to the United States Patent and Trademark Office at (571) 273-8300 and is addressed to: Mail Stop Amendment, Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450, on:

Date: \_\_\_\_\_

By \_\_\_\_\_  
Signature**IN THE UNITED STATES PATENT  
AND TRADEMARK OFFICE****PATENT**

Applicants:	Paul LaStayo, et al.	Docket No.:	49640.0517
Serial No.:	10/650,455	Examiner:	Glenn E. Richman
Filing Date:	August 27, 2003	Art Unit:	3764
Title:	METHOD AND APPARATUS FOR SPEED CONTROLLED ECCENTRIC EXERCISE TRAINING		

**PROPOSED AMENDMENT AND RESPONSE**

Mail Stop Amendment  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Honorable Commissioner:

In response to the Examiner's Office Action dated March 22, 2006, please amend the above-identified application as follows:

**Amendments to the Claims** are reflected in the listing of claims which begins on page 2 of this paper.

**Remarks/Arguments** begin on page 10 of this paper.